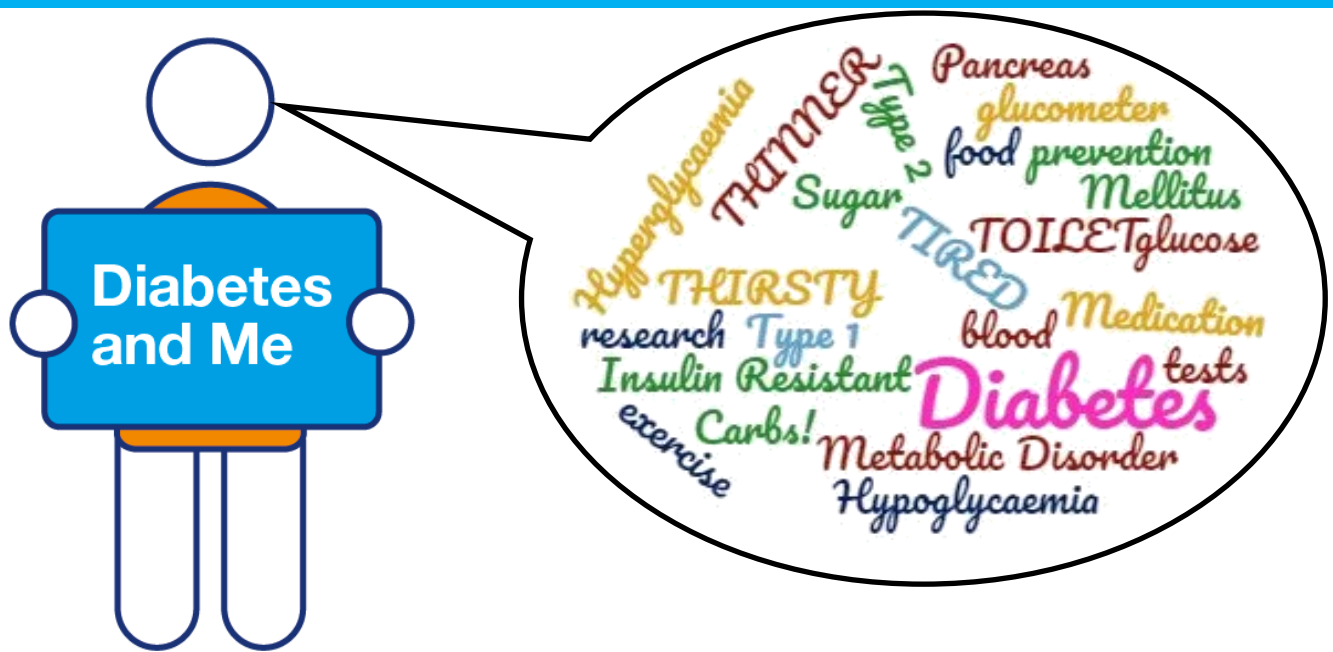


Living With Diabetes Course



Forthcoming Virtual Course:

Courses running back to back. Please scan QR Code for dates

Topics covered include:

- Healthy Eating, Healthy Heart and Healthy Feet.
 - Communicating difficult emotions due to uncertainty of your condition.
 - Managing your hypo's and reading food labels.
 - Using exercise for staying healthy, flexible & strong.
 - Looking at making decisions about treatment.
 - Setting goals and achieving them.
 - Creating a tool kit just for you.



SCAN ME

Currently all our courses are being delivered virtually, until we can return to community centres. All EPP courses are led by trained tutors, who live with a health condition or care for someone with a health condition. **For more info or to book a place on a course, contact the EPP Team** via epp@gavo.org.uk or use this Self-Referral QR Code Link:



Find us on Facebook to keep up-to-date with new courses etc.

Search: **education programme for patients** or @EPPGWENT on Twitter

